

OVC Course Checklist

I've double checked course dates

A ten-day course actually spans 12 days in total. Please double check your course finish date and make plans accordingly.

I know how to get to the centre

For directions see <http://www.torana.dhamma.org/index.php/the-centre/getting-here/>

I have recorded the Centre's number for bus pickup or emergency

Phone: +1 705-434-9850 or toll-free when necessary +1 877-434-9850

I have packed everything I need:

Required Items (Not Provided)

- top and bottom sheet and pillowcase for a twin-size bed
- loose, comfortable, **modest** clothing for the duration of your stay
- seasonal clothing
- towel and all necessary toiletries, non-scented personal hygiene articles
- feminine sanitary protection
- all prescribed medications
- alarm clock (with spare batteries)
- flashlight (with spare batteries)

Suggested Items (Not Provided)

- enough vitamin supplements for the entire course
- footwear: easy slip-ons, e.g. clogs, flip flops, etc.
In the winter please bring winter boots and slippers.
- shawl or light blanket other than your sleeping blanket
- cushions for use in the meditation hall

I am not bringing*:

Tight, transparent, or otherwise revealing clothing; sleeping bags; books, diaries, journals and other reading / writing materials; cell phones or other electronic devices like tablets (these cannot be used as a watch or an alarm clock during the course); musical instruments; personal food items; tobacco or alcohol in any form, recreational drugs; perfumes or scented toiletries; religious or spiritual objects; jewelry or other unnecessary valuables

* If you arrive with any of these items you can leave them with the management or lock them in your car until the course ends.